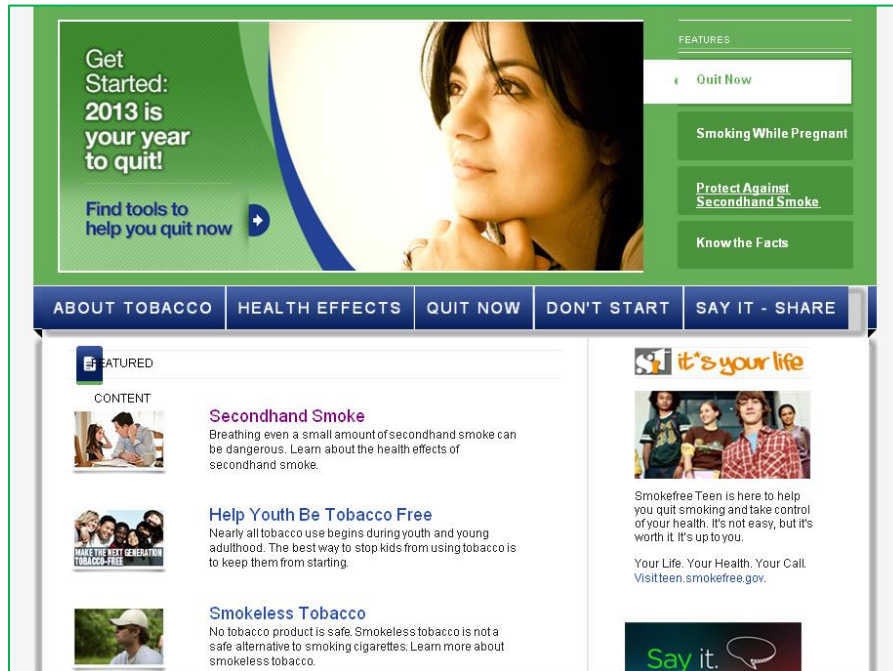


## IF 2013 IS YOUR YEAR TO QUIT -



The **U.S. Department of Health and Human Services (HHS)** has launched the website **[BeTobaccoFree.gov](http://BeTobaccoFree.gov)**, which *"provides one-stop access to the best and most up-to-date tobacco-related information from across its agencies."*

- The HHS launched the **Social Media Dashboard**, ***"Say It - Share It,"*** which provides real time updates on tobacco related social media accounts including **Facebook, Twitter, YouTube**
- The **Center for Disease Control (CDC)** launched ***"Tips From Former Smokers"***
- The **National Cancer Institute** launched the **Smartphone App *"Quitpal"***
- The **Surgeon General** released ***"Preventing Tobacco Use Among Youth and Young Adults"***

### Did you know?

- As a result of the **Affordable Care Act**, most private health insurance plans must cover without cost-sharing tobacco use screening and cessation interventions for tobacco users. **All Lake Michigan College health plans have coverage for smoking cessation services and drugs. (see plan documents for details or contact Human Resources at ext. 8143)**
- The **FDA banned cigarettes with candy and fruit flavors** aimed especially towards reducing the impact of tobacco on youth.

These combined efforts are aimed towards reducing adult smoking from 19 percent to 12 percent and reducing smoking high school students from 18.1 percent to 16 percent by 2020.